



Royalweeks



ROTARY CLUB OF ALLEPPEY DISTRICT 3211
CHARTERED AS 7339TH CLUB ON 25.07.1949

We meet on Wednesdays at 7.00pm
at Revi Karunakaran Rotary Hall, Alleppey

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Child sexual abuse – thought and protection

Child sexual abuse cases in India are at its all time peak and this alarming fact is crushing so many innocent lives on a daily basis. In 50% cases, abusers are known to the child and hold a position of trust in their life. According to data, every second child in India is exposed to some sort of sexual abuse and most of the time these cases go unreported. Needless to say, the after effects of abuse at such a tender age are disastrous. Sexual abuse in childhood is one of the main factors to cause adult depression and sociopathy.

India is home to 19% of world's children. Every child in India is exposed to some sort of child abuse. WHO defines child sexual abuse as the involvement of a child in sexual activity that the child does not fully comprehend and is unable to give informed consent to sexual activity for which the child is not developmentally prepared? Sexual activity violates the rules and social fabric of the society. Sexual abuse ranges from severe actions such as rape and fondling to milder forms of molestations that include forcible kissing. Research says that 57.3% of children who report being abused are boys and 42.7% are girls. Out of this 40% are in between 5 to

12 years of age. In 50% of the cases the abusers are known to the child or are in a position of trust and responsibility and most children do not report the matter to anyone for fear of reprisal and rejection.

Sexual abuse brings opposite emotions of shame, guilt and anger, hostility and fear. This makes it all the more important for parents to stress on keeping their child at a close watch until the child attains sexuality and is fully aware of its implications. Educate your child about "sexuality issues" without them getting confused and scared. "Needless to say, being actively involved in your child's life helps you identify warning signs of sexual abuse more apparent. This also helps the child feel more comfortable coming to you if something is not right.

Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul.

David Pelzer

Do not turn your face away. Once you have seen, you can no longer act like you do not know. Open your eyes to the truth. It is all around you. Do not deny what the eyes to your soul have revealed to you. Now that you know, you cannot feign ignorance. Now that you are aware of the problem, you cannot pretend that you do not care. To be concerned is to be human. To act is to care.

Vashti Quiroz-Vega



RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

Continued..

While there is no foolproof plan to safeguard your kids from this brutal act, following is a protection plan. First and foremost, sexual education has to be age appropriate (parents cannot educate a 6 year about rape) and also suited to your child's emotional maturity and your social set-up.

Please teach your child about:

Good touch: Handshake, pat back on shoulder, ruffle hair; **bad touch:** touch lips, feel nipples and genitals, private parts: breast, genitals, public parts: face, hair caressing. Please teach your older child (10 year upwards) about sexual education, its repercussions along with social value/morality, depending upon your family/social values and about sexually transmitted diseases.

Social withdrawal: Parents should watch out for sudden social withdrawal, avoidance of particular family member/friend, unusual loneliness, and disinterest in usual activities, frequent crying and temper tantrums, sudden change of interests and drop in academics, change of friends circle, change in personality extroversion to introversion or vice versa.

What to ask your child: Be with your child while they play with dolls-cars/painting and drawing / narrating a story (with child who has gone through it)/role play/imaginary play (with a character that has gone through the abuse). Kids drop their defences while they are imagining.

Ask in the end if they know someone who has done 'bad touch' or if they have gone through it. Children disclose most if they know that they are not the only ones who have gone through it.

How to counsel: To counsel a child who has gone through it, art and play therapy, music, singing, drama and dance classes are the things to begin with. Children having gone through sexual abuse have issues with conflicting emotions and trusting others. Any form of creative art helps them to bring their emotions out. Once they are expressive, talk groups/group therapy helps a lot. It needs to be conducted by professional counsellor.

All said and done, it is the parents who will be the ultimate guard against a potential molester. That whether it's a girl or a boy, they both are at equal risk of child abuse.

- If your child travels by private transport, assert that he/she should not allow the driver or helper to make them sit on their lap. And if they attempt something like that, they should immediately report it to the parent. This is applicable for anybody, older children, teachers, and staff working in the school. You will be surprised, but it is also applicable for close relatives, friends whom parents often easily trust.

- If they complain of pain in their private parts, it might be due to a medical reason, still ask them if anybody touched them there.

- Teach them to refuse treats (gifts, chocolates etc) from strangers. Also, instruct them not to share your house address, your mobile number or details about the potential time when they are alone with random people. Smaller kids are unable to express often, so keep on talking to them.

- As I had told my kids, never allow anybody other than parents and siblings to hug or kiss you. Never sit on anybody's lap. Never undress in front of anybody.

- Teach your kids to never open the door for anybody when alone (for slightly older kids) even if they are known people.

Last but not the least, if your child is repeatedly telling you something in this regard, please listen to the child and trust him/her. Take action immediately before it's too late. Do not think even if it is a close friend or relative. Nothing is more precious and important than your child."

A quick round up

- Parental control and support is very important.
- Child should feel free to share his/her daily routine.
- Each and every activity should be monitored.
- One should know with whom and how is the child spending the time.
- Right information at the right time should be given to the child.
- From a very small age children should be told that they should not allow anyone to touch them. Tell and teach them about good and bad touch.
- If any untoward incident happens, then they should know it is important to immediately call for help.
- They should be told that strangers are a cause of danger.

ENOUGH OF THE SECRETS AND THE TABOO – EDUCATE YOUR CHILDREN ABOUT THIS VIRTUAL EVIL STALKING THE SOCIETY

Rtn. PHF S Sasidharan

Host for Regular meeting on 13/04/2016 Rtn. Vijaya Kumar A R

Calendar of event: April 24, 2016 Career guidance seminar at our club hall, April 30-May 01, 2016 Family Picnic, Munnar
June 19, 2016 Awards Night, Trivandrum Club, Trivandrum

Minutes of the meeting held on 6th April 2016

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. John Mathew invoked the blessing of Almighty.

In Presidential address Rtn. Adv. Deepak welcomed the gathering and also recognized the presence of Adv. Ranjith, he informed about the annual Family Picnic for the year on April 30 – May 1st, the venue has been fixed as Munnar. President requested member to extend full cooperation for making picnic a memorable one. President informed that our club along with MES Educational society will be conducting career guidance seminar on 24th April at our club hall, Mr. Jaleel will be conducting the session. The details of the seminar will be published in coming bulletins. Along with the seminar there will be awareness programmes on Road Safety and Drug Abuse.

Rtn. Nagaraj H detailed on various arrangements so far done towards the picnic, and called for suggestions from members.

Secretary Rtn. Krishnan Venugopal read out anniversaries for the coming week, and thanked Rotarians for attending the meeting; he also thanked Adv. Ranjith for attending the meeting. Finally thanked Rtn. Jacob Neroth host for the day.

Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal

Minutes of the 9th Board Meeting 07.03.2016

Meeting started with a silent prayer, then one minute silence was observed as a mark of respect to cine artist Late Mr. Kalabhavan Mani. The President Rtn. Adv. V Deepak welcomed the gathering and briefed on the agenda for the day.

Secretary read the minutes of 8th Board meeting, then Minutes was passed by the board, President replied to Matters arising out of Minutes.

Due to last minute official duty call Mr. Rishiraj Singh IPS couldn't attend our Vocational Excellence Awards Function and luckily we got another eminent personality Shri. A M Arif MLA to do the honors. Following suggestions from many members Cine Artist was replaced by a Mr. Shubakeshan whose contribution towards organic farming is significant.

Then president commented that Vocational Excellence Awards Function went very well and he thanked Rotarians and Host for the same. He also extended a special thanks to Service Projects Director Prakash Ponnu for his efforts. President informed the board that our club will be hosting a Zonal Seminar on Peace and Conflict Management on 9th of this Month, Rtn. Adv. Manoj John District Chairman will lead the seminar. The Hosts for the seminar will be Rtns. Kumaraswami Pillai and George Samuel.

It was also informed about 60th birthday celebration of senior Rtn. R Sreenivasn on 16/3/2016 along with our regular meeting. Board decided to prepare plan and budget for fully air-conditioning the club hall, and also to get a quote for replacing TV in board room and to install a set top box ASAP. It was also decided to give contract of web maintenance to Mr. Savio for 5000/- Rs. Per annum. Board felt renovation of toilets is long due and should be done at the earliest.

Secretary Rtn. Krishnan Venugopal gave vote of thanks with a special thanks to Host Rtn. Subramaniya Iyer (Club Trainer).

“The world suffers a lot. Not because of the violence of bad people, but because of the silence of good people.”



